

Berkeley Carroll
Upper School Interscholastic Athletics
2018-2019
Fall Season

Girls Soccer

The schedule will include a full slate of **Varsity** games. At this time, it is unlikely that we will be able to field a JV program this fall. If you do have an interest in competing at the JV level, please let us know as soon as possible. If there is sufficient interest, we will endeavor to establish a program. Between games and practices, athletes will invest 4 to 5 days each week in the sport.

Girls Volleyball

Our teams compete in the very competitive AAIS and ACIS, which have leagues for both Varsity and JV volleyball programs. Varsity players can expect a commitment of 5 days each week. The JV team will play/practice 4 or 5 days each week.

Boys Soccer

Our Boys **Varsity** team and the Boys **JV** will compete again as members of the ACIS. Varsity players will practice/compete five days most weeks; the JV commitment will more often include four days each week.

Boys/Girls Cross Country

Our **Varsity** Cross Country teams have made large strides over the past three years. Runners will practice and/or compete 4 to 5 days a week. Both the boys and girls teams will run in the ACIS meets scheduled for Van Cortlandt Park. The Brooklyn members of the ACIS would very much like to arrange at least one of the meets in the borough, although this has proved quite difficult in the past.

Winter Season

Boys Basketball

Berkeley Carroll fields both highly competitive **Varsity** and **JV** teams in the ACIS, with both teams having earned regular season titles in recent years. The season begins in early November and extends through the final week in February. There are some weekend and/or vacation practices and games. Both teams regularly practice or compete 5 days a week during the season.

Girls Basketball

Given the rising level of interest. Both compete as members of the AAIS, including both a regular season and playoffs. The Varsity will normally compete/practice five days a week during the season. The JV program anticipates a three to four days each week during the season.

Boys/Girls Swimming

The **Girls Varsity** team will swim a full schedule against the highly competitive AAIS teams, although changes in that league's structure will keep us out of the championship meet this year. Both the Girls Varsity and the **Boys Varsity** will participate in ACIS league, which has now grown to 8 schools. The season begins in early November and concludes in late February. Training requirements and commitment generally are five days each week.

Spring Season

Boys Varsity Baseball

Berkeley Carroll's **Varsity** baseball program competes as members of the ACIS. If the interest exists, we would very much like to again field a **JV** team. Please let us know as soon as possible if you are interested in participating in the baseball program. Varsity Baseball is often a 5 to 6 day a week commitment, including both some weekends and vacation days. As it has been in past years, a spring training trip will likely take place during the March vacation. Details of that trip will become available in October.

Girls Varsity Softball

The **Varsity** team enters its third season as members of the AAIS. The first two seasons have been tremendously exciting, including a trip to the playoff finals. The team is likely to practice or compete four to five days a week during the season. It is possible that a spring training trip will occur over the March break, as it has done the past two years. Details of any possible trip will become available in October.

Boys Varsity Volleyball

Varsity Boys Volleyball enters its fourth full season play as members of the ACIS. The team is very optimistic, having qualified for the first ever NYSAIS tournament last spring. The relative youth of the boys Volleyball programs in New York City provides opportunities for athletes who want to learn the game, develop their skills, and grow with the program.

Boys and Girls Varsity Track

The revival of the track programs for both **Varsity Boys** and **Varsity Girls** has been a real success story over recent years, with numerous student-athletes participating in the ACIS meets. Like cross country, track requires a four to five day a week commitment, with many practices scheduled for Mondays, Tuesdays, and Thursdays (and some Fridays) once the season starts.

Boys Varsity Tennis

Varsity Boys Tennis competes in the ACIS, along with Packer, Friends Seminary, Dwight, Staten Island Academy, Grace Church, and Columbia Prep. Practices and matches require a four to five day a week commitment.

Girls Varsity Tennis

Varsity Girls Tennis competes in the AAIS. Matches are scheduled against highly competitive teams from Brearley, Chapin, Nightingale, Sacred Heart, Packer, Spence, Friends Seminary, Hewitt, and Marymount. Practices and matches require a three to four day a week commitment.

Co-Ed Ultimate Frisbee

Ultimate Frisbee enters its third season as a sports option at Berkeley Carroll. Its growing popularity throughout the city has led to discussions of formation of a private school league for this coming spring. We will have a better read on these possibilities at some point this fall. Practices and competitions will occur over two to three days each week.